

The center provides low cost health improvement facilities to agencies, thereby improving employee health, reducing sick leave and allowing agencies to cancel expensive private contracts.

Located in room 029 in the basement of the Federal Court House in downtown Cincinnati, the center is simply a walk away for those who work in the area.

For only \$10 a month, the gym is an affordable, convenient way for local agencies' men and women to exercise, burn off some stress, and work out in a less crowded environment than larger gyms in the area.



Locker rooms for men and women can be found near the Health Improvement Center.

Questions? Comments?

Contact:
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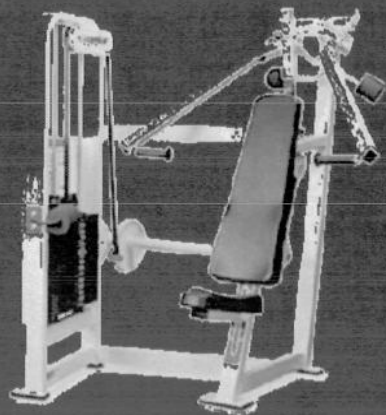
Interagency Health Improvement Center





Cybex Fitness Equipment

Cybex International, Inc. is a leading manufacturer of premium exercise equipment for commercial and consumer use. The CYBEX product line includes a full range of both strength training and cardio training machines sold worldwide under the CYBEX brand. Products are designed and engineered using exercise science to reflect the natural movement of the human body. Accommodating users from the first-time exerciser to the professional athlete, CYBEX products are available for a wide range of facilities from commercial health clubs to home gyms.



In the gym:

- Treadmills
- Ellipticals
- Exercise bikes
- Cardio equipment
- Various other machines
- Weights
- Punching bags
- Exercise balls



Aerobics Classes

Aerobics classes are offered in the Health Improvement Center on fluctuating days. To be notified of when you can attend an aerobics class, join the email list by contacting Lisa Peterson, the aerobics instructor at:

lisataylorcarly@yahoo.com

